Dear Parents,

Again this week I turn the front page over to one of our Year 6 Voice of Youth finalists. This is the speech delivered by Bridget Surdich at the cluster final.

You can’t touch it but it affects how you are feeling. You can’t see it but it’s there every time you look at yourself in the mirror. You can’t hear it but it’s there every time you talk about yourself. So what is this mysterious yet important thing? It's self esteem!

Self esteem is summing up your opinion about yourself. Who’s to say these feelings are good feelings or bad feelings. Good and bad feelings are tossed around in this sort of situation, although bad feelings are what people struggle with the most. More than you can imagine.

Body and social appearance is one of the major reasons for low self esteem. You might be constantly considering how you look compared to your peers. Bodies are not the same and everyone should take that into consideration. At least if you know this you can stop whatever might be causing your pessimistic thinking and behaviour about yourself.

Do you ever have feelings or disappointments about yourself? Do you have these emotions regularly? Well it’s about time that it stopped. The way we think about ourselves can lead us to undermine our worth or think we have no value. It’s not only children that witness low self esteem. Adults are the same, although their reasons may be different.

Feelings of constantly pleasing people, general feelings of dislike towards yourself, needing constant validation or approval, not being able to make friends easily and feelings of worthlessness are all elements of low self esteem. These feelings can be associated with increasing or decreasing of appetite, and loss or gain of weight. These symptoms are a sign of what people are going through and can be an indicator of low self esteem

In work or at school you might think there is someone always better than yourself - it’s not wrong to think this sometimes, but when it is constantly thought about, it begins to be out of hand. Why do we feel this way? When you get up in the morning you can’t keep on saying “So what, I’ll face this feeling tomorrow.” Feeling this way is closely linked to low self esteem and keeping the truth to yourself or hiding your greatest fear isn’t going to change anything.

Each day as you hide away your worry, you could be becoming more depressed. This can lead to difficulty concentrating and making decisions. Often we think that the overall evaluation of someone’s feelings can be just labelled by terms such as happy, sad or angry. Feelings are much more complicated than just described by these words.

The solution to low self esteem could be slipping right through our fingers. Talking about low self esteem is a good start and we can take the matter into our own hands and do something about it. You and I might not suffer from low self esteem but think ……put your self in the shoes of someone who does experience low self esteem and then think about how you would you feel.

As an individual, what can I do to help prevent experiencing low self esteem myself or having one of my friends experience low self esteem? Well in the click of a finger I could be showing someone websites that give strong recommendations of how to help. I could be a friend to someone that has no one. I could gather a list of psychologists to help on more serious matters.

Talking is a good way to build positive self esteem. Telling your friend about a time when you tried something new and the feelings you felt at that time. Or reminding your friend about the last time they achieved an award. You can do activities together to make them feel relaxed or get them to stop thinking negatively about themselves. Just doing little things can have the biggest impact.

So all in all we know people suffer from low self esteem. The question is…… can it be stopped? Yes it can. Each person can strive to make a difference to those people out there that think they’re invisible. It is our responsibility as a community to inspire people and be there for others.

The real question is are you strong enough to change someone’s life?

Yours sincerely,

Leanne Nettleton
Principal
Term 3 Wrap Up

It really is hard to believe that we are at the end of another term. What a busy one it has been (we do seem to say this every term though!)

I must start this wrap up by expressing the teachers’ gratitude to those many parents and families who have assisted throughout the term – whether it is in the classrooms, in the canteen, on excursions, at Gala days, Father Day Stalls, Trivia nights, at Monday morning Prayer Assemblies or Friday mass, or at special events such as the walkathon and Sports Carnivals. Without your assistance these opportunities would not run so smoothly and would not be the true community events that they have been.

This term the children have enjoyed so many opportunities to showcase their learning – Voice of Youth, Tournament of the Minds, Year 4 CAPTIVATE Performance, Mini Vinnies Days such as our Winter Sleep Out and Pyjama Day, Sporting Opportunities such as the Netball Gala Day, Athletics Carnivals, and Soccer Gala Days. They have also benefitted from excursions outside the school to enhance their learning – Kinder Farm excursion, Year 2 Rouse Hill Farm Excursion, Year One visit to Blacktown City Library, the Years 2-6 invitation visit to meet Emily Rodda and the Maths Workshop. Our gr8 people attribute programme has continued as has our Buddy programme. We now look forward to an exciting and yes busy Term 4.

Dance Fever Commences Term 4

The children are keenly awaiting the return of our Dance Fever Programme. Dance Fever Day will be each Tuesday in Term 4. Please feel free to visit on any Tuesday to see what great dance moves your child is learning. For your diaries, we already have the date for the Homebush Performance where our Students in Years 3-6 compete against dancers from other schools. This was a real spectacular last year, with a number of our students returning with individual Champion ribbons. It was a night not to be missed so put Monday 12th December in your diaries.

End of Year School Performance

The date for our end of year school performance is Thursday 1st December. We will be holding a night of dancing, singing and instrumentalists in the MPLC. Again place this date in your diary so that you do not miss out.

Staffing News

Mrs Oxford will be taking leave for the remainder of this year. Late last term she was diagnosed with Breast Cancer which has entailed significant medical attention. Mrs Oxford is keen for you to know that she is well, that her prognosis is good and that taking leave is a positive approach to her treatment and recovery. You are asked to keep Mrs Oxford and her family in your prayers at this time.

School Fees

Term 3 school Fees are overdue. Please resolve all outstanding accounts by Wednesday 21st September. Fees can be paid by EFTPOS, direct debit, BPAY, cheque and cash. If you would like to discuss outstanding accounts with Mrs Nettleton please also make an appointment prior to Wednesday 21st September 2011.

RE News

Feast Day

It was wonderful to have so many parents join us for our Mass and celebrations afterwards. We hope it was a memorable day for you.

Liturgies

This term it has been very encouraging to have so many parents, indeed families join us for Monday prayer and Friday Mass. We hope you will continue to join us in celebrating our Faith next term. Year 3 will celebrate Mass this Friday.

Parish News

Over the past month I have been in discussion with Froilan and Menchu Melovo who are two leaders of Youth For Christ. This group of young people will be welcomed into our parish and will contribute to the building up of the Kingdom here at Blessed John XXIII. They will participate with our youth group, and invite our young parishioners to join them once a month in the Youth For Christ Programme. They also want to contribute to the music ministry, cleaning ministry, serving and reading ministry and Froilan and Menchu will join the Liturgy Group. It is good to open our doors to those who want to be involved in our faith community and behalf of the parish I welcome you and look forward to many years of growing together in Christ.

I thank those who did the weeding at the back of the church and invite others to help out with some weeding near the front of the church.

The music ministry has welcomed the improvements to the sound quality with the addition of choir microphones, digital programming of each choir, the facility to record and now the facility to operate the screen slides from the choir area. This project was taken on by Neville Zamitt and I thank him for the many hours and sometimes days of getting this unique and wonderful equipment to work. So if there are any talented musicians, singers who want to be part of a choir then please contact Ray Samonte through our office and call Tanya on 98520585 and she will pass on your details to Ray. Can you play the organ??????

A big thank you from me to you for leaving our church tidy.

SLAPPED CHEEK

It is very important for you to seek medical advice if your child presents with any of the symptoms of this illness - runny nose, fever, aches and pains, a rash and red cheeks. Please keep your child home from school if they are sick.

WHOOPING COUGH

There has been one more case of whooping cough reported. If your child has any of the symptoms of whooping cough such as a dry or persistent cough, which may be especially bad at night, a runny nose and fever, please see your doctor. If your child has whooping cough, your doctor will arrange a course of antibiotic treatment. Antibiotics given early in the illness are effective in stopping the cough and in preventing spread to other people. If your doctor diagnoses whooping cough please advise the school and keep your child at home until they have taken at least 5 days of antibiotics. Vaccination is the best protection against whooping cough. For further information please visit www.health.nsw.gov.au

Stranger danger

You are reminded to regularly discuss with your children the importance of STRANGER DANGER. Please be particularly mindful that your children have a safety plan should they be approached by a stranger when they are on their way to or from school.
Thank you to our wonderful Trivia Night Sponsors
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<td>Diocesan Basketball Gala Day Stage 3 – Cambridge Park</td>
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<td>Years 3-6 Dance Fever Performance at Homebush</td>
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**TERM 4 2011**

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